

Carlsbad Paradise Cafe by the Sea

May 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE RESERVATIONS (760)602-4655	Bingo Every Tuesday - 1:00 	Alternate Salads Every Wednesday 	 Free Movie: Thursday, May 14th 1:00-3:00	1 Asia Pacific American Heritage Fish with Mango Sauce Coconut Rice Green Beans & Carrots Asian Cabbage Salad Pineapple
4 Cheese Tortellini with Italian Sausage Marinara Sauce Italian Vegetables Tossed Salad Garlic Bread Fruit	5 Cinco de Mayo Carne Asada Mexican Rice Refried Beans Shredded Lettuce, Diced Tomatoes, Sour Cream, Salsa, Cheese, Tortilla Flan with Strawberries	6 Greek Chicken Cucumber Yogurt Sauce Yellow Rice Spinach Greek Salad Pita Bread Fruit <u>ALTERNATE SALAD:</u> Southwest Chicken Salad	7 National Salad Month Minestrone Soup Tuna Salad Lettuce & Tomato Croissant Fresh Fruit Cookie	8 Mother's Day Celebration Prime Rib, au Jus Horseradish Sauce Asparagus & Carrots Garlic Mashed Potatoes Spring Mix with Cranberries & Nuts, Raspberry Vinaigrette Chocolate Torte
11 Beef Bourguignon Potatoes California Blend Vegetables Mixed Green Salad French Bread Pears w/ Chocolate Sauce	12 Open Faced Hot Turkey Sandwich Cranberry Sauce Mashed Potatoes Gravy Peas & Carrots Sourdough Bread Pudding	13 Salmon with Dill Sauce White & Wild Rice Broccoli Tomato Cucumber Salad French Bread Ice Cream <u>ALTERNATE SALAD</u> Cobb Salad with Turkey, Blue Cheese & Bacon	14 Bratwurst Sauerkraut German-Fried Potatoes Carrot Raisin Salad Roll & Apple Strudel Free Movie in the Auditorium: Tom Cruise "Valkyrie"	15 Pizza Party Day Pepperoni Pizza Mixed Green Salad Fresh Fruit National Chocolate Chip Day (Cookie)  HAPPY BIRTHDAY
18 Chicken a l'Orange Rice Pilaf Capri Vegetables Mixed Greens with Tomatoes & Cucumbers Apple Pie	19 Beef Stew with Carrots, Onions, Celery Parsley Potatoes Mixed Green Salad Biscuit & Peaches	20 Chicken Enchiladas Mexican Rice Black Beans Shredded Lettuce with Tomatoes, Salsa Orange <u>ALTERNATE SALAD</u> Chef Salad	21 Ham with Cherry Sauce Sweet Potatoes Green Beans Bread Pudding with Vanilla Sauce	22 National Cheeseburger Month Potato Salad Coleslaw Tropical Fruit Salad Red, White & Blue Cake
25 Memorial Day Holiday 	26 Island Chicken Rice Stir Fried Vegetables Polynesian Salad with Mandarins & Pineapple Dinner Roll Pudding	27 Fettuccine Alfredo with Bay Shrimp Broccoli Tomato Basil Salad Garlic Bread Carrot Cake <u>ALTERNATE SALAD</u> Tarragon Chicken Salad	28 Rosemary Chicken Mashed Potatoes Gravy Spinach Tomato Gratin Sherbet	29 National Salad Month Taco Salad Seasoned Taco Meat, Shredded Cheese, Lettuce, Tomatoes, Salsa, Sour Cream Rice, Beans Orange

Carlsbad Paradise Café by the Sea

Information – (760) 602-4650



The Carlsbad Senior Center serves nutritious “HOT” meals
Monday - Friday in our Dining Room.

The **suggested donation for seniors who are 60+ is \$3.50.**
A **\$5.00** lunch fee applies to non-seniors.

On every Wednesday we offer an alternate salad
so please specify if you want the Entrée or Salad.

Advance reservations can be made in person or by calling (760) 602-4655.
Please tell us the day you're attending lunch and leave your full name and phone number.

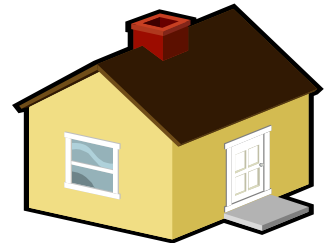
Cancellations can be made by calling (760) 602-4655.

Dining room seating is available at 11:00am and lunch is served at 12 Noon.
You may **forfeit** your lunch reservation if you do not check-in prior to 11:45am.

We also deliver meals to “homebound” seniors living in Carlsbad
Monday-Friday for a **suggested donation of \$4.00**

In addition, frozen meals are available
for the weekend and will be delivered on Fridays.

For information call (760) 602-4652.



Transportation to the Center for lunch and back home is available
Monday-Friday to Carlsbad seniors 60+ and unable to drive.



For transportation reservations call (760) 602-4650. Transportation for
medical appointments is provided Monday, Tuesday, Thursday and Friday.
Appointments must be made in advance.

Wednesday transportation is reserved for shopping at Stater Brothers or Trader Joe's.
The first Thursday of the month transportation is provided to go to Wal-Mart

Special transportation option is available every Tuesday for lunch & Bingo
and the second Thursday of each month for lunch and our FREE monthly MOVIE.

This Program is supported by the City of Carlsbad and Older Americans Act Funds through San
Diego County Aging & Independence Services.

** Creating Community through People, Parks and Programs **